



## The DOCTOR'S ADVICE

by Dr. Lewis Baker

The questions answered below are general in character; the symptoms or diseases are given and the answers will apply to any case of similar nature. Those wishing further advice, free, may address Dr. Lewis Baker, College Bldg., College-Ellwood Sts., Dayton, Ohio, enclosing self-addressed, stamped envelope for reply. Full name and address must be given but only initials or fictitious names will be used in my answers. The prescriptions can be filled at any well-stocked drug store. Any druggist can order of wholesaler.

"Marie" writes: "I would like a remedy for a pimply, oily skin. I suffer from constipation, headache and indigestion."

Answer: Get from your druggist three grain sulphur tablets and take according to directions. These tablets are packed in sealed tubes and contain full directions for using. I have found them to be the most reliable in such ailments as arise from constipation. They are made of sulphur, cream of tartar and herb medicines and if taken regularly will cure your constipation and purify the blood, thus causing your skin to become clear. These are fine for children, as they do not sicken.

"Mary"—You can easily cure your little girl of bedwetting by mixing 1 oz. of comp. fluid balmwort, 2 drams tincture thurastomatic; and 1 dram, tincture cubebis. Mix thoroughly and give in water about one hour before each meal. 10 to 15 drops.

Doctor: "My blood, stomach and bowels are badly affected due to a very severe case of catarrh of the head. Can you recommend a cure?"

J. E. S.—You should use the following local treatment: get two ozs. of antiseptic vilane powder and make a catarrh balm by mixing one teaspoonful of the powder with one ounce of vaseline or lard and use in the nostrils as far as possible. Also sniff from the palm of the hand through the nostrils the following wash: To one-half teaspoonful of vilane powder add a pint of warm water and use two or three times daily. For internal treatment for the blood, stomach and bowels obtain the following ingredients: Mix, shake well and take a teaspoonful four times a day: Comp. fluid balmwort, 1 oz., fluid extract buchu, 1 oz., and comp. syrup sarsaparilla, 4 ozs.

"Sadie" says: "I misplaced the prescription you sent me for dandruff and itching scalp will you please send it again?"

Answer: There is nothing better for dandruff and itching scalp than plain yellow minoy which is sold in 4 oz. jars at any well stocked drug store. Use this according to directions and you will soon be cured of all diseases of the hair and scalp.

"Nina R" writes: "Please advise me what to take to overcome extreme thinness. My arms and bust have no development and my face is so thin that it is positively hollow, although my features are regular."

Answer: Many ladies would be much more beautiful if they were somewhat fleshier and as increased weight is possible it is the duty of every woman to be always at her best. Begin taking three grain hyponuclease tablets, which are obtained in sealed cartons with directions, and continue until your weight is satisfactory. Frequently a two months' treatment adds 15 to 20 pounds, besides adding more color to

the cheeks and lips and a sparkle of health to the eyes.

"Mrs. O." writes: "Kindly publish again the prescription for rheumatism which you gave to 'Ted' some time ago."

Answer: I shall be very glad to repeat the formula. Get at the drug store the following ingredients and mix yourself, taking a teaspoonful at meal times and at bedtime. Iodide of potassium, 2 drams; sodium salicylate, 4 drams; wine of colchicum, one-half oz.; comp. essence cardiol, 1 oz.; comp. fluid balmwort, 1 oz.; and syrup sarsaparilla, 5 ozs. This is my favorite prescription for rheumatism.

"Charlotte" writes: "Some time ago you answered through your columns telling 'Marie' how to cure bad cough and cold. Will you kindly repeat the formula?"

Answer: I shall be very glad to repeat the formula for you. Get from your druggist a 2½ oz. package of essence mentholaxene and mix with honey or home-made sugar syrup and take according to directions given on the bottle. This is a very mild laxative and will surely cure your cold in a few days at most. It is absolutely harmless and very pleasant to take.

"Ted" writes: "I have had chronic appendicitis for some time but I cannot consent to an operation. My stomach is in a bad condition also. Can you help me?"

Answer: The best scientific and satisfactory treatment for you is tripeptine, which you can get at any well-stocked drug store. They are packed in sealed cartons with full directions for taking. I think many cases of appendicitis could be prevented if tripeptine was used regularly.

"Mrs. T." writes: "I have been sick for some time and do not seem to be able to get anything to give me strength. I am nervous and cannot sleep. Could you prescribe a good tonic?"

Answer: The best system and nerve tonic I know of is made by mixing 5 ozs. syrup hypophosphites comp. and 1 oz. tincture cadomene (not cardamon). Mix by shaking well and take a teaspoonful before meals. This is a fine tonic for old and young.

Mrs. De V. asks: "I should like to ask you how one can reduce the weight I am too large and last summer suffered on account of excessive fat. Can you advise a remedy, harmless and safe?"

Answer: I have frequently prescribed a liquid remedy, but, owing to its disagreeable taste, I am now prescribing the same formula in a tablet form. It is called 5-grain arbolene tablets and is sold by druggists in sealed tubes with full directions for home use. I advise anyone who is too fleshy this excellent tablet.

## Local Lodge Lore

### Fraternal Brotherhood

On Saturday night, February 8, the annual ball of the escort team of the Fraternal Brotherhood took place in the K. of P. hall. It was a decided success from the beginning of the grand march at 9 o'clock to Home Sweet Home at—well it is sufficient to say that every one had a most delightful and pleasant evening.

The orchestra which was composed of eight pieces was in "tune" and the program provided for sixteen dances. The first dance, entitled "Kisses of Spring," was dedicated to the members of the lodge. The second dance, entitled "All Night Long," was dedicated to the officers which has proved to be very appropriate. Every dance from thereon was dedicated to each separate member of the drill team.

State Manager Anne E. Bourne will remain with us a few weeks longer, and will greatly assist in attaining a still larger class of candidates.

The session of last night, was for transaction of business, principally through being the election of a candidate to go to California. The outcome of this election will be stated in the next issue of the lodge lore.

### The Rebekahs

On Wednesday evening, February 12, the Rebekahs gave a benefit luncheon at the I. O. O. F. hall at which the sum of \$14.65 was raised for a sick Odd Fellows and his wife, a Rebekah, who are late comers to the city and in very poor circumstances.

After the regular session of the Odd Fellows the brothers were invited to the banquet room, and we wish to heartily thank the members of the I. O. O. F. lodge for their generous support in this matter.

The regular meeting of the Rebekahs will be held Thursday evening, February 20 at I. O. O. F. hall.

### The Shriners

DALLAS, Texas, Feb. 15.—A complimentary one-thousand-mile tour of Texas after the meeting of the Imperial Council, Ancient Arabic Order Nobles of the Mystic Shrine, for imperial officers, representatives and their ladies, has been decided upon by the executive committee of Hella Temple.

The official route chosen includes Austin, San Antonio, Houston and Galveston. De luxe special trains of Pullman club cars, dining, observation and twelve-section drawing room Pullman cars and baggage cars, sufficient to accommodate at least one thousand people, will leave Dallas Friday, May 15. Saturday will be spent in San Antonio, while Galveston will entertain the visitors Sunday, May 13. Monday will be spent in Houston, the party returning to Dallas Tuesday morning, which will visit to reach their respective starting points within the limits of their tickets. All expenses incident to the trip will be paid by the executive committee of Hella Temple.

The official route chosen is a complete circle trip of the state, through the richest agricultural section of the southwest, the famous black "wax" land of Texas. San Antonio and Houston are two of the largest cities in Texas, and the former is especially interesting from a historical standpoint.

### Woodmen of the World

The Phoenix Woodmen have spent considerable time and money for the Arizona State Fair parade in order to make it a success. The committee who has charge of the same are C. Lauver, F. A. Larson and C. R. Bernitzke.

Mrs. Thompson and Mrs. Harrison wish to thank the W. O. W. for the speedy settlement of their deceased husband's claims.

Sov. K. B. Henley of Willow Camp 479, New Orleans, La., is ill at Mesquite Camp Cottage No. 28 near East-lake park and wishes some of the brothers to call. He feels lonesome.

V. E. Lindsey was elected to become a member of this camp.

The following delegates were elected to the head camp conventions which will be held the second week in March at Dallas, Texas: F. C. Norris and C. Lauver, alternates O. S. Fulton and C. R. Bernitzke.

Sov. E. L. Mahler of Camp 353, Wynot, Neb., was a visitor and is looking over the valley's resources.

The ladies of the circle are everlastingly at it in springing some surprise on the men folks. The refreshments served by them at the last meeting was a sort of family gathering and those who come up only once in a year don't know what they miss, and to those never tireless ones I wish to express:

There are men that time but mellow as it ever onward goes.

There are hearts that carry fragrance as the fragrance of the rose.

There are greetings that are warmer for the snowy, frosted head.

There are memories we shall treasure even till memory has fled.

There are faces time has furrowed where are joy and sorrow blend.

There are feet that ne'er grow weary when on deeds of kindness bent.

There are souls that bid defiance to each worldly selfish creed.

There are men we love to honor for each thought, and word, and deed.

There are those who are as sunbeams as they go to their daily round.

They are worthy of remembrance, for but seldom are they found.

So I write this humble tribute, though it needs a worthier pen.

To my friends of nature's moulding, one who loves his fellow men.

### Red Men.

(By W. K. Ross)

Maricopa Tribe No. 19 I. O. R. M. of Phoenix enjoyed a most pleasant evening at their Wigwam Thursday night. The session lasted from 8 p. m. to 11:30 p. m. After initiating several new members, the members were entertained by several members speaking on the good of the order. G. Edward Lamar present Sachem of Nev-ersink Tribe 251 I. O. R. M. Reading, Pa., related his experiences in his travels in the southeast. He said that

the cordial reception he received everywhere he met.

He met Boddy Wadest him to compose a poem on the well-come which he recited in a spirited manner, more particularly when he got to the Pochantas side of the order.

But as Mr. Lamar is a young man and a good looking one at that and a live one we can not blame him if the young squaws went looking sideways at him but as Mr. Lamar no doubt has a sweetheart in the east and you all know that newspaper items have wings so we will not say anything about it. But he made us all envious by showing us a photograph of their wigwam in Reading, Pa.

It was a magnificent five story building and his tribe has built and owns it. He says there are thirty-five hundred Redmen in Reading. Just think of that many Redmen in Phoenix. A pale face would not dare show himself on the streets. But we have visions of a wigwam here in Phoenix and just to show our Reading brothers that we are no pikers we will go there one story better and make it a six story building. And that reminds me that our popular tribesman Thomas Richardson, merchant of Central avenue came through with a check that put a bulge in our wampum belt. A few more joints like that and we will commence to lay the foundation of that six story wigwam. Thanks Tommy. We also received a substantial check from Brother Marian Abacnean of Flagstaff, a member of the firm of Abacnean Brothers, one of the largest mercantile firms of northern Arizona.

The only cloud that darkens our horizon at present is that we are about to loose one of our most popular members and one of the best workers we have for the good of the order, Charles Halter who is about to engage in business in Mexico. Charlie we will miss you, but though absent in person you will always dwell in our memory. The meeting closed with a very interesting and instructing talk from Brother F. C. Struckmeyer, G. S. S. He enlightened us in regards to the workings of the great council and said there were seven hundred and forty thousand Redmen in good standing in the United States. Just think of it if they should ever go on the war path. He also told about a number of millions that they have paid out annually for sick and other benefits but I have forgotten the amount. He also drew vividly on our imagination in picturing out a drama he saw enacted when a very young man and said the impression made on his memory would always remain with him. The scene was laid in the twelfth century during one of the crusades of Richard Coeur de Lion against Saladin. The Noble, and which was one of the fiercest wars of history as all religious wars are, both sides becoming fanatical. There was a strange character who always appeared at the most critical time, advocating peace. He was designated as the Prince of Peace. No one knew from whence he came or where he went, but the work he tried to accomplish is still unfinished and that there is great need of him even today in the Balkan states and also our sister republic, but the Prince of Peace finds his ally in the various fraternal orders of today and the

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power that they yield in educating the mind in living up to the Golden Rule is enormous and that foremost among the various orders are the Redmen for to live up to the teachings of the order would compel one to follow as closely as is possible for a mortal to do in following in the footsteps of the great Nazarene.

### Knights of Pythias.

The annual Pythian ball at Patrick hall Friday evening was a grand social success and proved to be the social hit of the season.

The Pythian sisters had the hall artistically decorated with hearts emblematic of St. Valentine, the lights and chandeliers were shaded with Chinese lanterns and the walls were draped with American flags.

Much credit is due the Pythian sisters for the blended harmony in the colors displayed. The beautifully decorated hall added much to the success of the evening.

To every committee and every individual Knight belongs much credit for his part in making the event a success.

The Grand March started promptly at 8:30, two hundred couples were in the march. Lieutenant Bargman was master of ceremonies and gave

us a novel feature in the Grand March.

Every dance was the best and everybody present expressed themselves as being delightfully entertained.

On next Friday night Feb. 21, the Knights will give an oyster supper and literary program to all Knights and their ladies, visiting Knights are cordially invited. Five thousand oysters have been set aside for this evening. Don't forget the date and place join the Knights in a sound fraternal evening.

### Uniform Rank, Knights of Pythias.

Phoenix company number 1 held its usual meeting last Tuesday evening. We note several members present whom we had not seen for a long time.

The officers all feel proud of the enthusiastic meetings we have had lately and hope the good work of the attendance committee will be kept up.

The company took part in the parade Friday and may well feel proud of the splendid showing which they made.

We all went to the grand ball on Friday evening and each and every one voted that they had the time of their lives.

After his fight with Frank Klous on March 5 Bill Papke says he will meet Georges Carpentier in a return bout.

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